






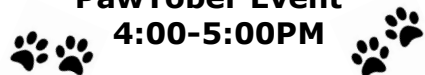





October



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>8:30 Breakfast Break- Dreamers Diner ◆◆</p> <p>10:00 Bus Run-Consumer Sq. (Wal-mart) & Walking Group</p> <p>2:00 Bus Trip- North Star Apple Orchard ◆</p> <p>5:00-7:00 Evening Swim P ◆</p>	<p>2</p> <p>9:00-12:00 Utica Area Doctor Appointments ◆</p> <p>2:00 Chair Zumba G ◆◆◆</p> 	<p>3</p> <p>10:00 Bus Run-Hannaford ◆</p> <p>1:30 Bible Study AC</p> <p>3:00 Bingo G ◆</p> <p>4:30 Writers Group AC ◆◆</p> <p>5:30 Chair Yoga G ◆◆◆</p> <p>4:30 Downtown Dinner- UNO's ◆◆</p>	<p>4</p> <p>9:00-12:00 New Hartford Dr. Appointments ◆</p> <p>9:30 Fitness Class G ◆◆◆</p> <p>11:00 Utica Bridge League G</p> <p>1:00 Rosary T ◆</p> <p>1:30 Introduction to American Mah-Jong ◆◆◆</p>	<p>5</p> <p>9:30-3:00 Bus Trip- Del Lago Casino ◆◆</p> <p>10:00 Stamina Strength & Stretch-G ◆◆◆</p> <p>11:00 Chair Yoga-G ◆</p> 	<p>6</p> <p>9:00 Bus Trip- Long Lake Harvest Craft Fair ◆</p> <p>9:30 Aqua Motion P ◆◆◆</p> <p>9:30 Intro to Table Tennis ◆</p> <p>10:00 Table Tennis</p> <p>1:00-3:00 Canasta G ◆</p> <p>1:00-4:00 Open Swim P ◆</p>
<p>7</p> <p>1:00-3:00 Open Swim P ◆</p> <p>2:00-Chips & Chat AC ◆</p> <p>Great Room Reserved 3pm -6pm</p>	<p>8</p> 	<p>9</p> <p>9:00-12:00 Utica Area Doctor Appointments ◆</p> <p>3:30 Aqua Aerobics P ◆◆◆</p>  <p>3:30 Birthday Party Evening Social 6:00-7:00PM</p>	<p>10</p> <p>10:00 Bus Run- N. Utica Shopping Center/ Aldi's</p> <p>1:30 Bible Study AC</p> <p>3:00 Bingo G ◆</p> <p>4:30 Writers Group G ◆◆</p>	<p>11</p> <p>9:00-12:00 New Hartford Dr. Appointments ◆</p> <p>9:30 Fitness Class G ◆◆◆</p> <p>11:00 Utica Bridge League G</p> <p>1:00 Rosary T ◆</p> <p>1:30 Bus Trip- Old Kountry Mar- ket ◆</p> <p>5:00-7:00 Evening Swim P ◆</p>	<p>12</p> <p>9:00 Bus Trip- Lake George Outlets & Lunch ◆</p> <p>10:00 Stamina Strength & Stretch- G ◆◆◆</p> <p>**Last day to sign up for Grab-N-Go by 4:00PM**</p>	<p>13</p> <p>9:30 Aqua Motion P ◆◆◆</p> <p>9:30 Intro to Table Tennis ◆</p> <p>10:00 Table Tennis</p> <p>1:00-3:00 Canasta G ◆</p> <p>1:00-4:00 Open Swim P ◆</p> <p>3:00 Bus Trip- \$\$ Cask Ale Festival ◆◆</p>
<p>14</p> <p>1:00-3:00 Open Swim P ◆</p> <p>2:00-4:00 Chips & Chat AC ◆</p> <p>Great Room Reserved 1pm -5pm</p>	<p>15</p> <p>8:30 Breakfast Break- Castlewood Café ◆◆</p> <p>10:00 Bus Run- Sangertown & Walking Group ◆</p> <p>1:00 Bus Trip- Pumpkin Junction ◆</p> <p>3:00 Book Club T ◆◆</p> <p>3:00 Schuyler Singers ◆</p> <p>5:00-7:00 Evening Swim P ◆</p>	<p>16</p> <p>9:00-12:00 Utica Area Doctor Appointments ◆</p> <p>2:00 Chair Zumba G ◆◆◆</p> <p>Happy Hour 4:30-5:30PM</p> 	<p>17</p> <p>10:00 Bus Run-Chanatory's ◆</p> <p>11:30 Grab and Go Lunch ◆◆</p> <p>12:30 Bus Trip- \$\$ The Root Farm ◆</p> <p>1:30 Bible Study AC</p> <p>3:00 Bingo G ◆</p> <p>4:30 Writers Group G ◆◆</p> <p>5:30 Chair Yoga G ◆◆◆</p>	<p>18</p> <p>9:00-12:00 New Hartford Dr. Appointments ◆</p> <p>9:30 Fitness Class G ◆◆◆</p> <p>11:00 Utica Bridge League G</p> <p>1:00 Rosary T ◆</p> <p>2:00 Craft Class- Halloween Candy Craft ◆</p> <p>5:00-7:00 Evening Swim P ◆</p>	<p>19</p> <p>10:00 Stamina Strength & Stretch- G ◆◆◆</p> <p>11:00 Chair Yoga-G</p> <p>11:00-3:00 Lunch Bunch- Turning Stone Casino & Resort ◆</p>	<p>20</p> <p>9:30 Aqua Motion P ◆◆◆</p> <p>9:30 Intro to Table Tennis ◆</p> <p>10:00 Table Tennis</p> <p>1:00-3:00 Canasta AC ◆</p> <p>1:00-4:00 Open Swim P ◆</p> <p>Great Room Reserved 12pm -5pm</p>
<p>21</p> <p>1:00-3:00 Open Swim P ◆</p> <p>2:00-4:00 Chips & Chat G ◆</p> 	<p>22</p> <p>10:00 Bus Run-Consumer Sq. (Wal-mart) & Walking Group</p> <p>1:00 Introduction to Chinese Mah-Jong ◆◆◆</p> <p>3:00 Schuyler Singers ◆</p> <p>5:00-7:00 Evening Swim P ◆</p>	<p>23</p> <p>9:00-12:00 Utica Area Doctor Appointments ◆</p> <p>3:30 Aqua Aerobics P ◆◆◆</p> <p>PawTober Event 4:00-5:00PM</p> 	<p>24</p> <p>10:00 Bus Run- New Hartford Price Chopper ◆</p> <p>1:30 Bible Study AC</p> <p>3:00 Bingo G</p> <p>4:30 Writers Group G</p>	<p>25</p> <p>9:00-12:00 New Hartford Dr. Appointments ◆</p> <p>9:30 Fitness Class G ◆◆◆</p> <p>11:00 Utica Bridge League G</p> <p>1:00 Rosary T ◆</p> <p>5:00-7:00 Evening Swim P ◆</p>	<p>26</p> <p>10:00 Stamina Strength & Stretch-G ◆◆◆</p> <p>11:30 Lunch Bunch - Sammy's</p> <p>3:30 Downtown Dinner- Oriskany Diner ◆◆</p>	<p>27</p> <p>9:30 Aqua Motion P ◆◆◆</p> <p>9:30 Bus Trip- Norwich Pumpkin Festival ◆◆</p> <p>9:30 Intro to Table Tennis ◆</p> <p>10:00 Table Tennis</p> <p>1:00-3:00 Canasta G ◆</p> <p>1:00-4:00 Open Swim P ◆</p>
<p>28</p> <p>10:00 Bus Trip- \$\$ Fly Creek Cider Mill ◆◆</p> <p>1:00-3:00 Open Swim P ◆</p> <p>2:00-4:00 Chips & Chat G ◆</p>	<p>29</p> <p>8:30 Breakfast Break- Bite Bakery ◆◆</p> <p>10:00 Bus Run-Consumer Sq. (Wal-mart) & Walking Group</p> <p>2:00 Bus Trip- Newport Marketplace ◆</p> <p>3:00 Schuyler Singers ◆</p> <p>5:00-7:00 Evening Swim P ◆</p>	<p>30</p> <p>9:00-12:00 Utica Area Doctor Appointments ◆</p>  <p>HalloWOW 4:30-6:30PM</p>	<p>31</p> <p>8:30 Bus Run- N. Utica Wal-Mart ◆</p> <p>10:00-1:30 Bus Trip Vernon Downs ◆</p> <p>1:30 Bible Study AC</p> <p>3:00 Bingo G ◆</p> <p>4:30 Writers Group G ◆◆</p> <p>Happy Halloween</p>	<p>Color Codes:</p> <p>Fitness Bus Trips Clubhouse Activities Food/Casino Outings Happy Hour Seminar</p>	<p>Sun Program Key</p> <ul style="list-style-type: none"> ◆ Community & Friendship ◆ Education & Lifelong Learning ◆ Convenience & Economies ◆ Health & Wellness ◆ Fun & Recreation ◆ Safety & Security ◆ Finance, Legal & Administra- 	